

**2011 California Children's Healthy Eating and Exercise Practices Survey**

**Table 90: Distribution of Overweight Status Among California Children Based on Body Mass Index<sup>1,2</sup> (N=334)**

How much does [CHILD'S NAME] weigh now without shoes?

How tall is [CHILD'S NAME] now without shoes?

	Overweight Status, Percent			Overweight and Obese <sup>4,5</sup>
	Not Overweight <sup>3</sup>	Overweight <sup>4</sup>	Obese <sup>5</sup>	
<b>Total</b>	<b>54.0</b>	<b>20.8</b>	<b>25.2</b>	<b>46.0</b>
<b>Gender</b>				
Boy	55.2	20.0	24.8	44.8
Girl	53.0	21.5	25.5	47.0
<b>Ethnicity</b>				
Hispanic	52.1	21.6	26.3	47.9
Non-Hispanic	58.8	18.8	22.5	41.3
<b>Parent Education</b>				
Less than High School	59.4	16.7	24.0	40.6
High School Graduate	53.4	22.4	24.1	46.6
Some College/Graduate	51.7	23.3	25.0	48.3
<b>Physical Activity</b>				
≥ 60 minutes	56.4	19.2	24.4	43.6
< 60 minutes	51.5	22.7	25.8	48.5
<b>School Breakfast</b>				
Yes	57.1	17.1	25.7	42.9
No	53.6	21.3	25.1	46.4
<b>School Lunch</b>				
Yes	52.6	19.2	28.2	47.4
No	54.6	21.4	24.0	45.4
<b>Fast Food</b>				
Yes	54.1	18.9	27.0	45.9
No	54.0	21.1	24.9	46.0
<b>Nutrition Lesson</b>				
Yes	58.7	19.8	21.5	41.3
No	44.8	22.9	32.3	55.2

<sup>1</sup> Body Mass Index was calculated using the equation: weight in kilograms divided by height in meters<sup>2</sup>.

<sup>2</sup> Calculated using the Reference Data for Obesity. CDC website, 2000.

<sup>3</sup> Not Overweight is a BMI <85th percentile, formerly labeled "not at risk for overweight".

<sup>4</sup> Overweight is a BMI ≥ 85th and <95th percentile, formerly labeled "at risk for overweight".

<sup>5</sup> Obese is a BMI ≥ 95th percentile, formerly labeled "overweight".

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi-Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001